

Sea Moss Is Everywhere Right Now. The Evidence Isn't.

Sea moss is a real sea vegetable, but the sea moss itself has barely been studied in people. Almost every benefit you have seen is borrowed from research on other seaweeds, the supplements are unregulated, and some carry more iodine or heavy metal than you want.

What the evidence actually says

1	Barely studied Cleveland Clinic notes the benefits of sea moss itself have not been researched thoroughly.
2	Borrowed evidence Most of the claims come from research on seaweed in general, not sea moss.
3	Not FDA reviewed Like any supplement, there is no guarantee of what is actually in the jar.
4	Iodine overload Sea moss can deliver far more iodine than a thyroid wants.
5	Heavy metals Seaweed pulls arsenic, cadmium, lead and mercury from the water it grows in.

YOUR 3-STEP PLAN

Step 1: Start With Your Plate, Not a Jar

Sea moss's real value is fiber and minerals, and you cannot out-supplement a poor diet. A varied plate of vegetables, beans and seafood covers the same ground for less.

Step 2: If Your Thyroid Is Involved, Leave It Alone

Sea moss is rich in iodine, and too much iodine can worsen thyroid function. Do not take it with a thyroid condition unless your provider specifically recommends it.

Step 3: If You Still Want to Try It, Go Small and Clean

One study found about 4 grams a day was generally safe. Buy from a source that tests for heavy metals, follow the label, and check with your provider first.

The safety line

Sea moss is high in iodine. If you have any thyroid condition, or take other medication, or are pregnant, do not take it unless your provider specifically tells you to.

Read the full article:

<https://www.agelesscoach.com/articles/sea-moss-is-everywhere-the-evidence-isnt>

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